

# Crossfield Chronicle

VOLUME 1—No. 31

CROSSFIELD, ALBERTA — FRIDAY, SEPTEMBER 3rd, 1943



## INSURANCE

HAIL—Alberta Hail Insurance Board and Leading Companies  
FIRE—Alberta Government Insurance and Leading Companies  
LIFE—Mutual Life Insurance Company of Canada.

A. W. GORDON

Agent—  
Crossfield : Alberta

## W. A. HEYWOOD

— Agent for —  
Imperial Oil Co.

We carry a full line of Tractor Gasoline and Oil.

— General Trucking —  
Phone 70 : Crossfield

## COUNCIL MEETINGS

The regular monthly meeting of the Village Council will be held in the FIRE HALL on the First Monday of each month commencing at 8:00 p. m.

## Crossfield Machine Works

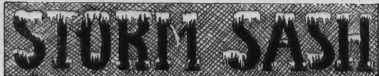
W. A. Hurt : Prop.  
Welding — Magnetics — Radiators  
John Deere Farm Implements  
Elephant Brand Fertilizer.  
CROSSFIELD : ALBERTA

## We Now Stock The Famous

**Ampollina DYES..**  
A Genuine Aniline Dye  
A product of the largest Dye Producing Plant in The World.  
Dyes or Tints Tissues of All Kinds, such as: Wool, Silk, Cotton, Linen, or mixed fabrics.

28 SHADES  
Colors are Fast and Brilliant.  
Price per tube

**15c**  
**Edlund's**  
**Drug Store**  
Telephone 3 : Crossfield



Possibly a little early to talk about STORM SASH, but by placing of your order NOW, you will be able to get delivery before COLD WEATHER sets in. Treat your home to a set of STORM SASH and a coat of INSULATION—You'll save Fuel and enjoy REAL COMFORT.

## Atlas Lumber Co. Ltd.

H. R. Fitzpatrick

Crossfield, Alta.

2 Frost & Wood Binders, 8 ft., each \$65.00  
1 Massey-Harris Binder, 8 ft. \$65.00

ORDER YOUR REPAIR PARTS NOW.

**William Laut**  
The International Man

Telephone No. 9

Crossfield, Alberta.

## HAIR CUT COSTS BARBER HIGH FINE

Increasing the price of haircuts, although he was informed that this constituted an offence under Wartime Prices and Trade Board regulations, cost Richard White, of Whitehorse, Y.T., a fine of \$400 and costs, or two months in the guardhouse.

Jack Wong, Parkland, Alta., who accepted rental coupons prior to their valid dates, was fined a total of \$38.65, or in default one month in Lethbridge jail.

Mrs. Tonyo Uehara, Edmonton, was fined \$10 for increasing the price of a hair cut, contrary to Prices Board regulations.

## JOE GILCHRIST FINED FOR DRIVING ON WRONG SIDE

Joe Gilchrist was fined \$10.00 and costs in the local police court recently when he was found guilty of driving on the wrong side of the road.

## CHURCH SERVICES

CROSSFIELD UNITED CHURCH  
Minister: Rev. J. W. Hovey, B.A.

United Church Services for Sunday next, September 6th are as follows:  
Rodney at 11.00 a.m.  
Tany Bryn at 3.00 p.m.  
Crossfield at 7.30 p.m.  
Sunday School at 11.00 a.m.

## CHURCH OF THE ASCENSION

Crossfield, Alta.  
Rector: Rev. A. D. Currie, L.Th., R.D.

Sunday, September 5th.  
11.00 a.m.—Eucharist.  
7.30 p.m.—Eucharist.

## CROSSFIELD TRANSFER

— Light and Heavy Trucking —  
M. Patmore : Prop.  
CROSSFIELD : ALBERTA

## CLASSIFIED ADS.

CLASSIFIED ADVERTISING RATES  
First insertion 50, each additional insertion 25. Cards of Thanks 50c for five lines or less.

FOR SALE—6 Hives of Bees. Phone 59.  
FRANK PURVIS, Crossfield.

FOR SALE—3 McCormick Deering Binders, with oil bath and tractor hitch. Price \$400; also 36 Otisman Taylor wheel throwing machine in good condition. Price \$650. For particulars apply to  
WALTER KNIGHT,  
R. R. 1, Crossfield.

WANTED—1 Saddle Pony for school children. Must be gentle. Apply  
A. G. HARNOCK,  
R. R. 1, Crossfield.

FOR SALE—Frame building 48x30 feet. For further particulars apply to  
Secretary,  
Village of Crossfield.

FOR RENT—Furnished house in Crossfield. Three rooms. Apply  
MRS. W. R. EMBERTON,  
Petawawa, Ontario.

FOR SALE—House in Crossfield. See 31-24.  
Mrs. Fieldhouse.

FOR SALE—1 dining room extension table, fumed oak. Apply to  
31-14n  
MRS. T. TREDAWAY

FOR SALE—1 dining room table with four leaves, in good shape. Apply  
31-32c  
MRS. J. THOMPSON

FOR SALE—1 eight foot Frost & Wood Binder; also 1 Democrat and a lady's saddle. Apply to  
MRS. J. VALASEK,  
Crossfield.

## Local News

The weather man let it shower here on Tuesday and again Wednesday.

Johnny Hegrich shipped a carload of cattle on Tuesday.

Sgt. Tom Fieldhouse was home for the week-end.

Dick Nichols returned to Crossfield on Monday morning.

Marjory Huston has joined the staff of the Canadian Bank of Commerce.

Thos. Fitzgerald has been quite ill but is some better as this goes to press.

Pete Masie took out a couple carloads of cattle Thursday morning.

The new sidewalk from Wood's Garage to the curling rink is completed.

Mrs. S. M. Price and son Hoy spent the week-end at the Al Price home.

Everett Bills took a truck load of cattle to Calgary this week.

Ed Meyers has gone out to Madden, to help Frank Brown repair his threshing machine.

Hank McDonald has his arm wrapped up. He thinks its rheumatism, but we think its a shortage of mitts.

Mrs. Price called on the Government Telephones returned from her holidays last Tuesday.

George Jones has purchased a new Case tractor on rubber, having had to go to Rosemary to get it.

Jack Frost caught up to us on Thursday morning, the extent of the damage is as yet is not known.

We notice that Calgary has gone in for soccer and cricket in a big way. Any wonder that the football city is about as dead as a mackerel.

Private Happy Heppner, formerly of Crossfield, has arrived safely in England and has quite a time getting pounds, shillings, etc.

A truck driven by Joe Gilchrist collided with a car driven by Joe Halch, on Hall's coulee hill, fortunately no one was very seriously hurt.

Miss Helen Heworth of Bonners Ferry, Idaho, is visiting her grandmother and aunts, Mrs. Willis, Helen and Gladys Aben.

Lieut. and Mrs. W. R. Neff are spending a few days with the latter's parents, Opl. and Mrs. D. Cameron. Lieut. Neff is stationed at Vernon, B. C.

Mr. and Mrs. Clayton High and Mr. and Mrs. Ken Borbridge returned Sunday evening from a trip to Fincher Creek.

Cameron Carmichael of the R.C.A.P. Edmonton, spent the week-end with his sister, Mrs. Walter Stewart and visited friends in and around town.

Jimmie Stevens got quite a shaken-up and a few bruises when the team he was taking hay with, decided to turn the rake into a racing sulky. Jim was thrown against the wheel.

Mr. McLean of The Reliable Clothing Store in Calgary, is visiting old friends in this district. In his spare time he is teaching his old friend Ed Meyers how to play cribbage.

Several towns were trying to get films for their cameras—to take a picture of Hughie (R.B.) He is working for Carl Becker on the cement gang.

Mr. James Aldred, ar, has arrived from the coast and will spend some time here with his sons and their families.

Flying Officer Lorne Sharp and Mrs. Sharp returned to Crossfield on Monday, after spending a holiday in the north country and Sylvan Lake.

Mrs. Bert Klever of Redwood Falls, Minnesota, who has been visiting her brother Al Price was accompanied by their niece Mrs. Marion Price of Lumberton, Minn.

Mr. and Mrs. John Dye of Lumbry, B. C. spent the week-end with Mr. and Mrs. Miller Huston. They report they nearly as high in the Okanagan as here in Crossfield.

Mr. and Mrs. George Lind wish to announce the engagement of their eldest daughter, Vivian Ruth, to Mr. R. Walcott of Crossfield. The wedding will take place this fall.

Fred Ingham of the Madden district is disposing of his entire farm equipment by auction on Wednesday, September 8th. Sale to commence at 1:00 o'clock. Archie Boyce is the auctioneer.

A letter was received from Hughie Wickerson from Halifax, who is taking an officers training course, that his mid-term exams are over and his average marks were 90 per cent. Nice going Hughie.

The Crossfield Chronicle arrived here on Tuesday of this week. The paper was expressed at Oids at three o'clock Saturday afternoon in ample time to catch the south train. If that's the best service the C.P.R. can give then it's high time we switched to the bus or truck.

With fall weather prevailing and winter around the corner, we would like to know what Dr. Whillans' cat predicts. Then a little later we will look to Frank Purvis and his sure fire goose theory to see if the doctors plant is on the beam.

## Local News

Lloyd Johnson is the latest local recruit for the Air Force.

Mary Kate Edlund is visiting her aunt at Claresholm.

Mrs. Verne Thompson, Mrs. C. C. Stafford and Mrs. Miller Huston were Calgary visitors on Tuesday.

Mr. and Mrs. A. E. Edlund and Alred Stevens were business visitors to the city Wednesday last.

Mrs. Meriel Jones who has not been well of late is receiving medical attention in the Holy Cross hospital.

Mrs. Blough was a Banff visitor last week-end, the guest of her daughter Opl who is holidaying in the mountain resort.

Mrs. Cowling having rented her farm west of town intends to move to Calgary this coming week and will carry on her school work there.

Mrs. Wells and Miss Alice Wells of Carstairs, were visitors here last week-end of Mrs. Wells' sister, Mrs. Assmusen.

George Murdoch and son Frank are busy folks these days. They are to be found during spare time at Sharp's blacksmith shop building a sweater or it is a stock loader.

Mrs. A. Stafford of Madden, who has not been well for sometime was conveyed to the Holy Cross Hospital, Calgary on Tuesday.

Mrs. E. L. Turner, Mrs. Jack Rea and daughter Betty of Banff, have been visiting Opl. and Mrs. D. Cameron for the past two weeks.

Mrs. Matthew Halton of Vancouver was a visitor here Monday, the guest of his brother and sister-in-law, Mr. and Mrs. Jas. Halton.

Who said the Chronicle was not an important paper. Just because it was a little late last week the postmaster got tired of answering the question "Has the Chronicle not come in?"

Looking up our birthday list for the coming week, we find that Mrs. Wm. Stepien is a visitor on the 8th; Clarence Richardson on the 9th; and Mrs. Vera Brown on the 10th.

Mrs. Mustard and son who have been visiting in the Rocky Mountain House district during the past month, returned home at the week-end. Mrs. Mustard says that despite the severe hail storm that visited this district, the berries are still plentiful.

Mrs. Boddington moved into the Melchior house on Nanton Street on Tuesday, visited Mrs. Gibbons and family who have been living over the pool hall, moved into the house vacated by Mrs. Boddington.

K. H. Newinger, district representative of the Canadian Pacific Express Company, was a visitor in Crossfield and Oids on Friday of this week and is investigating as to why the Chronicle failed to arrive in Crossfield on Friday of last week. The C. P. Express will not stand for service of this kind and somebody is going to catch merry hell.

Well, it looks like our school and all that goes with it is about to pass into the hands of the Calgary Rural School Division. However, Saturday is the deadline, if a vote is not demanded by this date and there is no school, the move, as we haven't heard of any serious opposition. In the meantime arrangements are being made to move the Inverles school building into town and it will be used to increase the accommodation of the present school.

THERE'S ONE SURE WAY TO GET A CARPENTER  
Turner Valley, Aug. 31—Carpenters are at a premium in the oilfields. About the only way you can get one in a hurry is if your floor happens to collapse. That is what happened in the home of Percy Willis, Manager of the Turner Valley men's clothing store. It was only in a dire emergency like this that Mr. Willis was able to borrow a couple of carpenters who are busy on another job at the time.

It seems that the air had not been able to circulate under the building properly, with the result that dry rot set in and the floor collapsed.—Ex.

## New Jam Ration 12 Ounces Monthly

Ottawa, Aug. 29.—The Prices and Trade Board tonight announced retail allowances for jams, jellies, syrups, canned fruit and similar products. Sales of these goods are under suspension until September 2 when "D" coupons from the new No. 3 ration books become valid for sweet spreads and other goods of this type.

Two "D" coupons will become good each month. For each coupon the purchaser will have the choice of:

1. Six fluid ounces of jam, jelly, marmalade, extracted honey, apple butter, maple butter or honey butter; or

2. Ten fluid ounces of molasses or maple syrup; or

3. Ten fluid ounces of canned fruit; or

4. Twelve fluid ounces of corn syrup, cane syrup or any blended table syrup; or

5. One-half pound of maple sugar or comb honey in squares.

As an alternative to any of these commodities, the consumer may obtain for his "D" coupon one-half pound of sugar.

## MATRIMONIAL

FARQUHARSON — FARR  
Garden flowers, wedding bells, pink and white streamers were used to decorate the United Church in Aldrie recently for the wedding of Viola Torrance, youngest daughter of Mr. and Mrs. T. E. Farr, of Aldrie, and Mr. Howard Farquharson, eldest son of Mr. and Mrs. D. B. Farquharson of Madden. Rev. Smiley officiated at the ceremony. Mrs. Bernice Fletcher played the wedding music.

The bride given in marriage by her father wore, a white satin gown, fashioned with full length gown of lace and the sleeves were shirred. Her long veil was arranged in a halo effect, and caught with orange blossoms. She carried a white bible with streamers entwined with sweetheart rose buds, forget-me-nots and ivy leaves.

Mrs. E. Klineck of Didsbury, was matron of honor; Miss Jean Farr was bridesmaid, and Miss Jacqueline Murray of Bowden, was the flower girl.

A reception was held at the home of the bride's parents where Mrs. Farr and Mrs. Farquharson assisted in receiving the guests. The bride's table was centered with a tiered wedding cake, flanked with pink and white tapers and sweet peas. Rev. S. Pike of Bashaw, proposed the toast to the bride and groom.

Mr. and Mrs. Farquharson spent their honeymoon in Banff. For traveling, the bride wore a navy blue dress-maker suit, accented with navy and white. Upon their return they will take up residence at Madden.

## ITEMS OF INTEREST IN THE WORLD OF FOODSTUFFS

The U.S. corn crop, which has been extensively damaged, is forecast at 2,874,711,000 bushels, as compared with 3,175,154,000 bushels last year.

Argentina's exportable wheat surplus was recently estimated at 128,465,000 bushels, as compared with 192,297,000 bushels at the same time last year.

Savvy damage, a extending over large areas of wheat lands in Alberta and Saskatchewan.

In Russia, crops were improved by abundant rains that fell during the first week in July.

In Egypt, the 1943 barley crop is estimated at 15,882,000 bushels, compared with 12,710,000 bushels in 1942.

Broomhall estimates Canada's flax crop in 1943 at 15 million bushels, with a carry-over from last year of about three million bushels.

## BAKESHOPS TAKE TO PLAIN COOKING

Tarts, and other delectable tidbits of the bakeshops, will shortly be banned from the counter by a recent order of the Wartime Prices and Trade Board, simplifying fancy bakery products.

The move is designed to meet increased demand with no increase in production facilities or labor employed.

"After September 13, when the new order becomes effective, the public will get less of the expensive products, fancy goods and considerably more of the plain bread and cake products which require a lower labor outlay," says Board officials. "It takes five times as long to produce a bag of flour into a loaf of bread or hamburger rolls as into bread."

## COMING AUCTION SALES

Fred Ingham will dispose of his entire farm equipment, including horses, implements and household goods at his farm, 1 mile North of Madden on Wednesday, September 8th. Sale to commence at 1:00 p.m. Archie Boyce, auctioneer.

## COAL WILL BE SCARCE NEXT WINTER !!!

Prepare your home now for adequate warmth with smaller fuel consumption

TO SAVE COAL CHECK THESE POINTS



### HOW TO GET MORE HEAT

Pipes and furnaces must be clean, and grates in good order. If one or two rooms are hard to heat, you are wasting fuel. A minor adjustment can probably remedy this. Have a competent man check your burners and necessary repairs. Insulate your furnace and pipes when necessary.



### HOW TO AVOID HEAT LOSSES

Storm windows and doors must fit snugly and be weatherstripped. Lack of storm windows can cause as much as 20% heat loss. Caulking should be done around windows, doors and in cracks in brick work (some hardware stores have caulking guns for rent). Broken glass should be replaced, and loose panes putied. Small expenditures on such work will save much fuel.



### HOW TO SAVE STILL MORE

You can save fuel and money by having your home properly insulated. It is a proven fact that in many homes lack of adequate insulation (including storm windows) results in unnecessary consumption of fuel—up to as much as 50%. Watch for later instructions on how to fire your furnace properly.

## HAVE YOUR HOME INSPECTED FOR HEATING AND INSULATION DEFECTS

Get advice now! Skilled workmen and supplies are scarce. If you delay in getting your home ready for winter you may not be able to get the services you need.

Save one ton in five

THE DEPARTMENT OF MUNITIONS AND SUPPLY

HON. C. D. HOWE, Minister



## Canadian Aviation

THE RAPID DEVELOPMENT in aviation since the beginning of the war has awakened the interest of people everywhere in the post-war possibilities for the use of the airplane. As the plans for the air routes of the future are discussed it becomes increasingly apparent that Canadians have yet another natural asset in the skies above us. Early in the war it was found that the shortest air route between this continent and Britain was via Canada, and as a result the R.A.F. Ferry Command, now known as the R.A.F. Transport Command, established headquarters in the East. From an unknown point large numbers of airplanes, manufactured in Canada and the United States, are flown to Britain with great success. A beginning has also been made in transporting airborne freight over this route and there is little doubt but that passenger and freight traffic will continue to use this skyway after the war.

### Canada Is On Direct Routes

The unique position of Winnipeg and Edmonton in the air routes of the future has been pointed out many times. Air navigators have shown that these cities lie on the most direct lines between this continent and Russia, China, and India, the routes crossing the Arctic circle. The importance of all this now, and in the future is clearly apparent to all Canadians, and there has already been considerable discussion here as to the utilization of these airways after the war. The great development which has already taken place in connection with the building of the Alaskan Highway, and the opening of large air fields at Edmonton and beyond, is paving the way for the use of that route for peacetime purposes in the years to come. Other great air fields, developed in the Dominion for other uses at this time, will no doubt prove of value in civil aviation after the war, as will the training received by thousands of Canadian young men in the Air Force.

### Light Planes Are Designed

As a result of recent scientific discoveries, in the realm of fuels, plastics and light metals, aircraft engineers are now designing "planes capable of flying from this continent to Europe and back non-stop, and carrying loads of twenty tons. These planes will be four times the size of the famous "clippers" which pioneered in the opening up of trans-oceanic commercial air service. It is likely that after the war there will also be a demand for small, highly efficient, low-cost passenger "planes, and it is possible that present factories now used for producing aircraft for use in the war, may be turned to making light airplanes for civilian uses. Tens of thousands of young Canadians have been trained for flying and our country is dotted with excellent air fields. There is also much possibility for the use of the airplane in developing the great resources of the Canadian Northland, and it is likely that many Canadian fliers who are now fighting in distant theatres of war, will take part in the future expansion of our North country. In all these ways it is clear that the airplane is going to play an important part in post-war events in Canada.



#### FISH

Meal planning is a necessity to-day. To obtain the required amount of efficient protein you should have your portion of rationed meat 4 or 5 times a week and substitute a food containing efficient protein for the other 2 or 3 days. Fish is one of the foods you can use interchangeably with meat as a source of protein without affecting materially the nutritive value of your diet. Salt water fish is valuable in your diet for the iodine content. Salmon, halibut, cod, are rich in vitamins A, D and G.

The locality and season influence the price of fish, so if you are not too far from where the fish are caught, you should buy fish every week when it is in season. In fresh fish the eyes should be full and bright, the gills red, the flesh firm and elastic and there should be no disagreeable odour. Fish may be prepared by the several methods or a combination of two or more, e.g., freezing, salting, pickling, smoking and canning.

You probably have noticed that fish is never tough, this is due to the fact that there is no connective tissue, as there is in meat. As a result you only cook fish to develop a flavour and change the texture. These facts should always be kept in mind when cooking fish, as prolonged cooking dries out the fish and spoils the flavour—10 minutes per pound is sufficient.

You should cook fish several different ways to add a variety to your menus. Fillets and small fish may be broiled or steamed in oil or fat and basted during the cooking to prevent the fish drying out. Fish could be coated with bread crumbs and egg or corn meal and fried in fat at a high temperature to prevent the fat soaking into the fish. Larger size fish may be stuffed and baked in a moderate oven, basting with melted fat, or salt pork or lean bacon placed on top of the fish will add richness and flavour. You could wrap fish to be boiled in cheese cloth to facilitate handling.

Lack of colour, flavour and richness in fish can easily be supplied by garnishes and sauces, e.g., lemon, cucumbers, parsley, tartar, tomato or egg sauce.

For tempting recipes write to the Western Division Health League of Canada, 111 Avenue Road, Toronto, Ontario.

#### WOMEN'S LAND ARMY

At the end of March 1943, the Women's Land Army of Great Britain numbered more than 58,000 women between 17 and 40. They were employed on farms, in market gardens and in forests. A number of prisoners of war are now employed on British farms.

Buy War Savings Stamps regularly.

#### THE DAIRY COW

The dairy cow is a highly specialized animal. The nervous, physical, and bodily strain in assimilating large quantities of concentrated food and coarse fodder, together with the manufacture of milk, is so great that special care by proper methods of feeding and management is necessary to maintain the cow in robust health.



THEY LIKE IT AND DIE



### Roll your owners! Go for Ogden's

The Pony Express, in the old days, of the West, carried essential messages. Here is one for you: For complete smoking satisfaction follow the example of the oldtimers and go for Ogden's—a distinctive blend of choice, ripe tobaccos.

Ogden's quality for pipe smokes, too, in Ogden's Cut Plug



### Canadian Corn Needed

Situation Is One Of Utmost Urgency To Starch Industry

In an interview with Mr. G. F. Benson Jr., President of the Canada Starch Company Limited, discussing a recent dispatch from Ottawa which said that in view of the fact that deliveries of corn had not been maintained by the Canadian farmers, supply stocks were dwindling rapidly, he stated that the situation with regard to corn supply is one of the utmost urgency to the starch industry.

The industry produces many essential foods and also special starches and adhesives used in the manufacture of war material. The Canadian Government is now permitting the importation of corn from the United States, and realizing the imperative need for this grain in vital war industries is providing subsidies for this purpose.

Mr. Benson said that the Starch Industry for some years has been encouraging Canadian farmers to grow more hybrid corn. He indicated the Canadian price ceiling was extremely fair and even high in comparison with other grains. He urged the Canadian farmer to make deliveries regularly of reasonable quantities of corn in order that they may retain the Canadian market.

#### NEW INDUSTRY FOR INDIA

British experts have been sent to India to establish a first line machine tool industry in that country for the threefold purpose of increasing India's contribution towards the war effort, the saving of valuable shipping space, and the establishment of a machine tool industry for peacetime India.

The game of football was originated by the Romans.

## WINGS PARADE

### R.C.A.F. - B.C.A.T.P.

The following students graduated under the British Commonwealth Air Training Plan from:

No. 7 Bombing and Gunnery School, Paulson, Man., (Wireless Air Gunners)—

R. C. Nelson, Tyndall, Man.  
A. Sabo, Fleming, Sask.

No. 8 Bombing and Gunnery School, Dufoss, Sask. (Wireless Air Gunners)—

J. D. Bent, Dunlop, Sask.  
H. E. Golden, Wilcox, Sask.  
H. L. Howard, Frobisher, Sask.  
R. C. Macdonald, Arthurs, Sask.  
J. T. Kennedy, St. Boniface, Sask.

No. 10 Service Flying Training School, Dauphin, Man. (Pilots)—

E. Ames, Weyburn, Sask.  
R. F. Bamford, Canora, Alta.  
E. A. Boyce, Regina, Sask.  
H. A. Gilbert, Avenhurst, Sask.  
H. A. Irvine, Wainwright, Alta.  
R. L. Murray, Glanville, Sask.  
R. C. Dugal, Minn. Sask.  
O. L. Pirelli, Borden, Sask.  
J. Robertson, Gravel, Man.

No. 7 Air Observer School, Portage la Prairie, Man. (Air Bombers)—

D. W. Brown, Tisdale, Sask.  
A. C. Heaney, Pelly, Sask.  
W. L. Leitch, Saskatoon, Sask.  
Wm. Ritchie, Saltcoats, Sask.  
R. E. Schmitt, Hazelton, B.C.

No. 12 Service Flying Training School, Brandon, Man. (Pilots)—

S. D. Baker, Metador, Sask.  
R. E. Brown, Tisdale, Sask.  
P. J. Cormier, Morden, Sask.  
D. D. Cogan, Mont. Martre, Sask.  
D. D. Doherty, Ridgeville, Man.  
O. G. Hume, St. John's, Nfld.  
W. Kover, Grande Pointe, Man.

No. 3 Bombing and Gunnery School, Macdonald, Man. (Air Gunners)—

A. M. Fraser, Melita, Man.  
J. A. Leitch, Saskatoon, Sask.  
K. L. Radcliffe, Rivers, Man.  
W. E. Riddell, Regina, Sask.  
M. E. Burnard, Theodore, Sask.  
L. E. Inzell, MacRae, Sask.  
J. L. Leitch, Saskatoon, Sask.  
J. L. Leitch, White Star, Sask.  
J. L. Leitch, White Star, Sask.  
H. H. Runnag, Star City, Sask.  
H. W. Arambay, Myram, Alta.  
J. O. Brown, Raymond, Alta.

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J. L. Leitch, Saskatoon, Sask.  
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J. A. Leitch, Saskatoon, Sask.  
K. L. Radcliffe, Rivers, Man.  
W. E. Riddell, Regina, Sask.  
M. E. Burnard, Theodore, Sask.  
L. E. Inzell, MacRae, Sask.  
J. L. Leitch, Saskatoon, Sask.  
J. L. Leitch, White Star, Sask.  
J. L. Leitch, White Star, Sask.  
H. H. Runnag, Star City, Sask.  
H. W. Arambay, Myram, Alta.  
J. O. Brown, Raymond, Alta.

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J. L. Leitch, Saskatoon, Sask.  
J. L. Leitch, White Star, Sask.  
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H. W. Arambay, Myram, Alta.  
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W. E. Riddell, Regina, Sask.  
M. E. Burnard, Theodore, Sask.  
L. E. Inzell, MacRae, Sask.  
J. L. Leitch, Saskatoon, Sask.  
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J. L. Leitch, White Star, Sask.  
H. H. Runnag, Star City, Sask.  
H. W. Arambay, Myram, Alta.  
J. O. Brown, Raymond, Alta.

No. 7 Bombing and Gunnery School, Paulson, Man., (Wireless Air Gunners)—

R. C. Nelson, Tyndall, Man.  
A. Sabo, Fleming, Sask.

No. 8 Bombing and Gunnery School, Dufoss, Sask. (Wireless Air Gunners)—

J. D. Bent, Dunlop, Sask.  
H. E. Golden, Wilcox, Sask.  
H. L. Howard, Frobisher, Sask.  
R. C. Macdonald, Arthurs, Sask.  
J. T. Kennedy, St. Boniface, Sask.

No. 10 Service Flying Training School, Dauphin, Man. (Pilots)—

E. Ames, Weyburn, Sask.  
R. F. Bamford, Canora, Alta.  
E. A. Boyce, Regina, Sask.  
H. A. Gilbert, Avenhurst, Sask.  
H. A. Irvine, Wainwright, Alta.  
R. L. Murray, Glanville, Sask.  
R. C. Dugal, Minn. Sask.  
O. L. Pirelli, Borden, Sask.  
J. Robertson, Gravel, Man.

No. 7 Air Observer School, Portage la Prairie, Man. (Air Bombers)—

D. W. Brown, Tisdale, Sask.  
A. C. Heaney, Pelly, Sask.  
W. L. Leitch, Saskatoon, Sask.  
Wm. Ritchie, Saltcoats, Sask.  
R. E. Schmitt, Hazelton, B.C.

No. 12 Service Flying Training School, Brandon, Man. (Pilots)—

S. D. Baker, Metador, Sask.  
R. E. Brown, Tisdale, Sask.  
P. J. Cormier, Morden, Sask.  
D. D. Cogan, Mont. Martre, Sask.  
D. D. Doherty, Ridgeville, Man.  
O. G. Hume, St. John's, Nfld.  
W. Kover, Grande Pointe, Man.

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H. W. Arambay, Myram, Alta.  
J. O. Brown, Raymond, Alta.



### Life Rafts

Canadian Lifesaving Equipment Has Attracted Attention Abroad

Lt.-Cmdr. C. P. Harding of the Royal Canadian Navy told a service club in Toronto that Canadian development of raft lifesaving equipment has been so successful the British admiralty and authorities of the United States, Australia, New Zealand and South Africa have sought Canadian specifications.

"You can sink a lifeboat not a raft," he said. "Sailors now prefer rafts to lifeboats and on many vessels wood and steel lifeboats are being abandoned in favor of rafts developed by Canadians."

### SMILE AWHILE

Mrs. Modern (calling to husband upstairs)—Will you bring down my hat, dear?

Husband—Well, I don't know the difference between your hat and your handbag. Which is which?

Mrs. Modern—The one without any money in it is my hat, darling.

Little George, the garage mascot, was visiting his aunt. He found the cat in a sunny window, purring cheerfully.

"Oh, Auntie, come quick," he shouted. "The cat has gone to sleep and left her engine running."

Young Housewife—These eggs are very small.

Grocer—Straight from the farm this morning, madam.

Young Housewife—That's the trouble with these farmers. They're so anxious to get their eggs sold they take them off the nest too soon.

Playboy (at fashionable ball)—They say that young deb over there puts all her father makes on her back.

Henry—Evidently her old man is out of a job now, then.

"That new doctor I'm going to advise you to play golf for your health."

"And if you play already, what does he say?"

"He tells you to stop."

Teacher—And now, will anyone give me an example of an indirect tax, please?

Junior—The dog tax.

Teacher—Why do you term that an indirect tax?

Junior—Because the dog does not pay it.

Say, Pop, the fish's bitin' somepin' fierce.

All right, son, jes' keep on hoein' and them fierce fishes won't bite you.

Admiring Visitor—"My dear Mrs. Strong, these brases of yours shine beautifully. May I inquire what you use to clean them?"

Mrs. Strong (a determined looking lady)—"You may, My husband."

Boas (to Pat)—"So you want to leave the works. Are your wages insufficient?"

Pat—"The wages are all right, sure, but I'm afraid I'm doin' a horse out of a job."

Workers in dusty trades may inhale as much as 100 pounds of dust in a lifetime.

### No Reduced Fares

Pleasure Travel Will Have To Be Kept Within Present Limits

The order-in-council which suspended reduced railway fares for week-end and holiday travel has been extended to Feb. 15, 1944. It was announced by T. C. Lockwood, Controller of Transport. The original order covered a trial period from last April 15 to Aug. 15.

Mr. Lockwood said that "civilian travel" is still extremely heavy and it is impossible to offer any special inducements in the way of reduced fares, which would result in any increase in the present movement, as it is most essential and important that the armed services, both on duty and leave, be given preference and train space provided for them."

The controller also said that pleasure travel would have to be kept within present limits so that the movement of essential war materials would not be interfered with.

### GEMS OF THOUGHT

SERVING, NOT RULING

The effort made for the happiness of others lifts us above ourselves.—L. M. Child.

The happiness of love is in action; its test is what one is willing to do for others.—Lewis Wallace.

If you love and serve men, you cannot, by hiding or stratagem, escape the remuneration.—Emerson.

The standard by which all are finally judged is not wealth, education or fame, but service.—Charles L. H. Wagner.

Let us serve instead of rule, knock instead of push at the door of human hearts, and allow to each and every one the same rights and privileges that we claim for ourselves.—Mary Baker Eddy.

The most acceptable service of God is doing good to man.—Benjamin Franklin.

### Christmas Trees

Government Warns Of An Impending Shortage This Year

The government in a statement warned of an impending shortage of Christmas trees.

The statement warned cutters, dealers, shippers and retailers they will be handicapped by shortage of railway equipment, by the need of employing all available manpower in essential industries, by the restrictions on the use of trucks, and by the acute shortage of the type of twine used for binding trees in bunches for shipment.

Jackrabbits have been known to jump a seven-foot fence.

ATTACK FOOD WASTE!

APPLEFORD

Pure and Heavy Waxed Paper

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER

WAXED PAPER



## AIR CADETS

## Regulations Covering The Supply Of Uniforms To Junior Members

Under an amendment to present regulations covering supply of uniforms, Air Cadet League Headquarters, Ottawa, announce that official approval has been received for issue by the R.C.A.F. of standard air cadet uniforms to junior cadets in school-supported squadrons only on the same basis as now provided to seniors. Issuance of uniforms will continue to be made through local squadron committees in accordance with established regulations. At the same time approval was also given for issue of R.C.A.F. service boots for both junior and senior air cadets on a most reasonable repayment basis. Boots so issued are not subject to replacement for at least four years.

The present provision for an annual capitation grant of \$1,000 for each proficient senior air cadet has been extended to provide for a similar grant in the amount of 50c for each junior air cadet who is properly qualified. The annual uniform maintenance grant of \$1.25 as now in effect will be made for each standard uniform issued to a junior or senior air cadet. The annual band grant of \$2.00 for each instrument has also been renewed. It was emphasized that while these advantages apply to all senior cadets those for juniors are restricted to school supported squadrons, as it is only in such squadrons that enrolment of juniors is officially recognized.

Authorization of boots, as well as uniforms and capitation grants for both junior and senior air cadets will provide a strong incentive for further expansion of present air cadet squadrons, as well as organizations of new units, it was stated by Air Cadet League officials. The present objective of 35,000 senior cadets will be more easily attained through this added support from the government. Over 300 air cadet squadrons have now been approved, with further new applications under consideration, it was added.

## Ducal Bicycle

## Many Vehicles Have Played Their Part In Public Affairs

The bicycle on which the Duke of Norfolk is touring the country in his ministerial capacity is not perhaps a method of transport which the public mind associates very easily with dukes.

A curious collection might be made of vehicles which have played their part in affairs. There would be the elder Pitt touring the country in his one-horse shay after Walpole had turned him out of his place. There were the jaunty cars in which Parnell and others canvassed Ireland. There was Queen Anne's one-horse vehicle in which, on Swift's authority, she drove like Jehu. There were the four-horsed coaches in which so many candidates have toured their constituencies on polling day.

There was the wagonette in which Kehr Hydrle arrived at Westminster to begin his parliamentary duties—Manchester Guardian.

## Saving Hot Water Saves Coal



The "five-inch tub" has Royal precedent. When fuel consumption had to be cut so drastically in Britain, the King ordered that no more than five inches of water be placed in the bath tubs of the Royal Household. Unless there is a major cut in consumption, Canadians may face a coal famine next winter. The young lady shown here is following the King's example and is using hot water sparingly. She is helping to save war-vital fuel.

## Canada's Army Leaders Back From Britain



High military officials were on hand at Rockcliffe airport, Ottawa, to greet the return of Lieut.-Gen. Kenneth Stuart, Chief of the General Staff, and Col. J. L. Ralston, Minister of National Defence, from their visit to Canadian forces overseas. Pictured here left to right are: Major-General H. F. G. Ison, Adjutant-General, Lt.-Gen. Stuart, Brig. P. Earnshaw, Deputy Chief of the General Staff (C), Air Vice Marshal L. D. D. McKean, chief of the United Kingdom Air Liaison Mission and Col. Ralston.

## War And Peace



Ground activities on a Halifax bomber station in the north of England show the men harvesting while on duty. R.A.F. planes from this station take part in the ever growing relentless "blitz" on Germany's industrial centres.

## Shift In Production

## Manufacturers Changing From Non-Essential Articles To Tools Of War

To fit the times, manufacturers are changing their production from tea kettles and frying pans to tin helmets and other tools of war.

An ex-manufacturer of merry-go-rounds is now turning out arms and parts for planes and bombers.

Lathe work and die casting now occupy the men who once carved horses' heads.

Fortunately merry-go-rounds are durable articles.

Those in existence now will probably keep turning for the duration, providing thrills and amusement for young and old.

After the war, who knows, perhaps the carvers of fiery steeds will carve aeroplane models instead for the merry-go-rounds of the future.

First state to abolish capital punishment was Michigan, in 1847.

## Prairie Sailors

## Said To Make The Best Merchant Marine Gunners

Ask officers of the Royal Canadian Navy which sections of Canada produce the best merchant marine gunners, and, with a "don't quote me," the reply—northwestern Ontario and the prairie provinces.

The officers admit the blue-middled men from the seaport towns and cities see too many ships, but the lads from the midwest are all eyes when they join the service and are anxious to learn.

Thousands of these young Canadians are included in the 40,000 odd gunners plying the seas on merchant ships. Their blazing guns have blasted enemy craft from the Arctic circle to the south Pacific.

A youngster, with a strong Irish brogue, was awarded the G.B.E. for bravery under fire. He was so amazed by it all he couldn't tell officers who he got it.

The officers said that many of the freighter skippers think so much of the Canadians that many requests are being received from the captains of numerous Allied Nations to have complete Canadian crews put on their ships.

## A New Process

## Researchers Have Shown The Road To Progress

As for the radio nail, it is now being used in plywood construction. During assembly, preformed plywood sheets coated with plastic glue are stacked like cards. Pinning them to prevent slipping is usually done by running staples or nails through holes in the sheets. After the plywood has been pressed into final form, the staples or nails have to be removed.

But the radio nail changes all that. For it requires no holes. The intense heat almost instantly heats the glue in the narrow path of the radio beam to several hundred degrees Fahrenheit. This produces spots of glue between the sheets that hold like nails. The radio nailer itself is only a small flat-barreled pistol. The operation is simple, quick and safe.

Whatever may happen to the world after the war, politically, at least the engineers, scientists, technicians and research workers will have shown it the road to progress—London Free Press.

About 3,500,000 persons, about 25 per cent of the total working population of Britain, eat their noon meals in industrial canteens, said William Mahane, of the ministry of food.

## Victory Gardens

## Many Canadians Have Added To The Supply Of Vegetables

The man with the hoe has begun his triumphant march from the Victory garden to the root cellar and the fruit-canning table.

The Agricultural Supplies Board, said with pride that 350,000 Canadians, in town and country, probably would harvest some 500,000,000 pounds of vegetables when their year's work is done.

With the caution born of experience of the disasters that may lie between good prospects and the actual harvest, the board officials confined themselves to saying that as things stood the wartime gardens enterprise was "highly satisfactory." When the anticipated crops have been gathered they indicated their enthusiasm would be less restrained.

Officials said that reports from across the Dominion indicated the amateurs' gardening program, while successful in general, had hardly been roses all the way. But they were cheerful about that aspect of the program, and cited an axiom of the agriculture department that people "learn to grow by growing."

There had, they said, been many disappointments in potatoes as in anything, but the majority of gardeners were just as pleased with their production as one department official who, himself a wartime gardener, reported an average of about three pounds of potatoes for each root.

## Bermuda Bases

## Cost The United States Over Two Million Dollars

Acquisition of property for United Nations bases in Bermuda has cost \$2,700,000 (about \$2,250,000), according to figures released by Sir Herbert Henniker-Heaton, chairman of the arbitrators settling land values.

The arbitrators have dealt with 154 cases, with the owners claiming a total of \$800,853 (about \$3,200,000) and the United States offering \$295,614 (about \$1,192,000). The arbitrators finally made awards amounting to \$1,806,050, while the balance of the \$2,250,000 was made up by direct agreements with other landowners.

## WORKS OF ART

The state art committee is assembling works of art created in the U.S.S.R. within the past 10 years. The collection, including paintings, sculptures, and specimens of national art will be exhibited to the public in Moscow in the early autumn.

## Shortage Of Fats

## Fats And Oils Are Being Used In Many New Ways

In Germany, fats which Canadians would hesitate to consider as edible are refined thoroughly and used in food. In England whale oil is being used to manufacture margarine and in Russia linseed has long been considered as an important edible oil. At the present time, the United States is manufacturing linseed oil shortening for lend-lease shipment.

Without oil for transportation the United Nations would be unable to move its masses of war equipment. Other types of oil are also vital to the war effort—particularly those having a high glycerine content such as coconut and palm oils. In food production, these are being replaced by other oils from which a lesser percentage of glycerine can be obtained.

When the Japanese conquests cut off half of Canada's supplies of fats and oils (exclusive of butter) Canadians were forced to become fat-conscious. In the Dominion, flax, sunflower, soybean, and rape seed are being grown and used to make up a part of the loss. Fats salvaged in the kitchen are being depended upon to fill the quota required.

To save fats means to use them economically. Many housewives have asked this question, "Does this mean that all dripping must be turned in for salvage?" The answer is No. As much dripping as is needed should go into cooking and the remainder sold to the butcher for salvage. When dripping is used in cooking it is not necessary to buy so much processed shortening.

Remember to keep salvaged fats in a cool place until they are turned over to the neighborhood butcher.

## Breeds Of Swine

## The Yorkshire Is Proving To Be The Most Popular

Of late years the breeds of swine in general favour in Canada have been narrowed down to three, namely, Yorkshire, Tamworth, and Canadian-type Berkshire. These breeds all produce pigs of correct bacon type, although the Yorkshire is by far the most popular. This breed originated in Yorkshire, England, and surrounding counties. In colour, a clear white is desirable, but dark or blueish spots on the skin, while objectionable, do not disqualify, provided the hair is all white. Black hairs or black patches of hair are a disqualification.

The value of pure white breeding stock is reducing losses from seedy bellies and in improving the whole general appearance of the Wilshire side is becoming more and more appreciated, the reprinted bulletin No. 686 on "Swine Production" points out. The seedy belly cannot be detected until the meat reaches the retailer in Britain when he starts to cut the Wilshire side for his trade. The damage then is done so far as Canada's reputation for bacon is concerned. The Yorkshire being a white breed is the only bacon bred entirely free from this objection, and in the light of this fact, says the bulletin, it would seem that the Yorkshire breed will need to be used extensively if not exclusively in holding the British bacon trade.

The area planted in potatoes in Great Britain has been increased by 80.4 per cent since the war began.

## Studying Map Of Their Future Homeland



Wives of Canadian soldiers in England are pictured at the Canadian Legion Club in London where Lady Tweedsmuir, wife of the late Lord Tweedsmuir, governor of Canada, is showing them a map of their future homeland to which they will accompany their soldier husbands when the war is over.

## GIVING THE CREDIT

## Right Measure Of Publicity For National Units In War

Nothing is more difficult in the framing of communiques than to give the right measure of publicity to the different national units engaged—Indian, Dominion, Colonial, British and now American, or even as between English and Scottish. In the earlier phases of the North African fighting so much prominence (just in itself) was given to Australian, New Zealand and Indian troops, that most people in the United States came to suppose that the inhabitants of this island were leaving others to fight for them, at a time when in fact 75 per cent of the casualties were native British.

That these difficulties still exist is shown by Mr. Mackenzie King's objection to General Eisenhower's opening communique on Sicily, which said that the landings were made by "Allied troops" and did not mention Canadians specifically. It is to be hoped that the large amount of separate mention since accorded to the Canadians has effaced any sense of grievance in the Dominion.

That Canadians should be sensitive was not surprising, for their all-round war effort has been phenomenal, and they had gone all this time with hardly any battle-glory to their credit. Even now only part of their fighting strength has joined in; part is reserved for a further enterprise—London Spectator.

## Imperial Conference

## May Be Called To Discuss Essentials For Maintenance Of Unity

Calling of an imperial conference to be held in England or Canada at an early date is proposed by Sir Edward Grigg in a new book, *The British Commonwealth*, in which the Conservative M.P., author and former newspaperman, outlines what he considers six essentials for the maintenance of unity in the commonwealth.

These are the six essentials:

1. The need for the democracies of the commonwealth to act upon the knowledge that independence in self-government is not a question of status only, but also of organisation and earned security.

2. The two diverging spheres of the commonwealth must be brought together—the division into east and west empires which has become marked in the course of this century is incompatible with its unity.

3. A new system of co-operation by regions.

4. To make this new system possible, Britain must undertake to give leadership to western Europe and protect the Empire's communications in the Mediterranean basin, at the same time, play her part in regional systems of security with Canada, the South African Union, India, Australia, New Zealand and with the colonial groups in each of those areas.

5. Establishment of Empire regional councils in the Atlantic, Pacific and Africa regions. The councils would be purely consultative.

6. Regular joint sessions of parliamentary delegations in the three regions to promote an adequate understanding between the widely-separated sovereign parliaments and electorates.

Dice have been found in the tombs of ancient Egypt by archaeologists.



## CHINESE WAR RELIEF FUND WORTHY CAUSE

Public Citizens Are Urged To Organize Committees To Help The Drive For Funds

The drive for funds to help war-weary China that is being carried on throughout Canada through the medium of the Chinese War Relief Fund, has started out rather slowly in Western Canada, but is steadily gathering momentum. In all the larger centres of population public citizens, realising the great need, have organized committees to actively promote the campaign. Newspapers and the various radio stations have been particularly active but there is still a great need for public spirited citizens in the smaller communities to take the initiative and promote the work.

It has been found absolutely impossible to send representatives from the various divisional headquarters to each of the towns and villages to set up individual organizations and the call has now gone out for representative people in these territories to get together and do their best to help in this worthy work.

The mayors of the various cities, without exception, have led the way and it is hoped that their example will be followed by each and every community.

Among the various money raising schemes in aid of Chinese war relief have been teas and various other functions put on by women's church organizations of all denominations; a "Slap a Jap" Club has been organized in one town, returned Chinese missionaries have held public meetings to give first hand information of the terrible brutalities visited upon the Chinese by the Japs, and individual subscriptions are steadily coming in through the medium of the banks and by mail. All branches of all chartered banks are authorized to accept donations and have instructions as to where to forward the money.

All moneys raised are for medical supplies and other relief needed to help heal China's wounded and will materially assist in keeping China in the fight for freedom and thereby materially shortening the war.

## Loss Of Food

Measures Taken To Guard War Cargoes Against Insects

Loss of food cargoes by "enemy action" includes more than depredations by U-boats. There is the action of insect enemy working at home all the time without let up. During the last war, very serious losses were sustained through the destruction of food products by insects. Such commodities as flour, cereals, grain, of all kinds, and seed were included in a lengthy list of materials damaged. On the outbreak of the present war, prompt measures were taken to avoid losses by insect depredations in grains and other foodstuffs being shipped overseas, as well as the reserve supply in Canada. A co-operative program was developed by the Plant Protection and the Entomological Divisions, Dominion Department of Agriculture, and the Board of Grain Commissioners. Because officers of the Plant Protection Division were experts in the examination of import and export shipments, a large part of the phase of the war program was assigned to them.

This includes the inspection of premises, such as warehouses, elevators, mills, and seed houses in which grain, cereals, flour, seed, and similar commodities are stored; the inspection of boats loading grain for winter storage at the head of the Great Lakes; the inspection, in co-operation with the British Ministry of Food, of boats at seaboard ports, loading grains, cereals, or other stored product cargoes; an intensive study, in co-operation with the Division of Entomology, of insect outbreaks in dead storage at the head of the Lakes, and the inspection of fruit and vegetable processing plants.

As a result of this work, outbreaks of insects and mites were found in a number of boats, mills, elevators, and elevator annexes, dehydration and other plants. The species of insects included all the principal stored product insects found in Canada, but, by taking appropriate action in all cases and by bringing about effective sanitary conditions of storage premises and carriers the threat to food cargoes has been held in check.

Nine out of ten unmarried British women between the ages of 19 and 45 are in the uniformed forces, munitions factories or essential war work.

Toothpicks were made of silver and gold and often studded with gems, as far back as the 13th century.

## STRESS EDUCATION FOR CANADIAN SOLDIERS



—Canadian Army Photo.

Here are educational officers from the military districts who conferred in Ottawa with the Director of Army Education, Col. George Kilpatrick, D.S.O., and other well-known Canadian educationists charged with direction of the Canadian army's education program. Front, left to right: Major I. B. Rouse, M.C., M.D. 6; Major H. Bastien, N.D.H.Q.; Major O. B. Rexford, N.D.H.Q.; Lieut. Col. V. E. Ault, Assistant Director; Col. G. G. D. Kilpatrick, D.S.O., Director of Army Education; Major R. Wilcock, D.S.O., M.C., N.D.H.Q.; Major S. F. Maine, M.D. 1; Lieut. I. Mason, C.W.A.C. (By Pte. James E. Bowes, Canadian Army Writer)

Dog-eared science and math textbooks are being dug out of musty attic hiding places across the country these days as Canadian soldiers keep pace with the Army's stepped-up educational program.

Newest development in the education-for-the-troops plan is appointment of educational officers to military district headquarters. It will be their task to co-ordinate efforts of various organizations and interpret educational needs of the troops.

This new conception in military schooling is already bearing fruit. Long evenings of "swotting" have produced promotions for hundreds of education-hungry Canucks while others are now educationally equipped to attend officer training centres.

The army-wide program is the responsibility of the recently created Directorate of Army Education. Its staff is studied with top-flight Canadian educationists. Col. George Kil-

patrick, D.S.O., heads the organization while Lieut. Col. O. E. Ault is Assistant Director.

Inauguration of this sweeping new educational program—unique in Canadian military history—stems back to a cry from the troops for an opportunity to study even as they prepared for battle. Canadians wanted to know not only how the guns fired, but why they fired.

The Canadian Legion—made up of veterans who knew the value of education in battle or peace—was the first to launch an educational program among the troops. The Legion's pioneer effort whetted the "educational appetite" of Canadian soldiers and blazed a path for the wider Army program.

Under supervision of Legion educational officers, correspondence courses, covering the high school curriculum and leading to university standing, were made available to soldiers at home and abroad. Arrangements were also completed for

Back row, left to right: Lieut. Col. F. L. West, Canadian Legion Educational Services; Major H. E. Panabaker, M.M., M.D. 13; Major P. Whitley, Pacific Command; Capt. G. B. Charron, Major Bristed des Nos, both of M.D. 5; Major Z. S. Phinister, M.D. 2; Major J. Page, M.D. 4; Major J. F. MacMillan, M.D. 6; Major R. J. Mathers, M.D. 12; Major F. H. Brooks, M.D. 10; Major J. F. Twiss, M.D. 3; Lieut. R. J. L. Grenier, attached to the 7th Division. Lieut. J. Y. Harcourt, stationed at the Officers Selection and Appraisal Centre, Three Rivers, was absent when the picture was taken.

Instructional periods after training hours.

While the yeoman service of the Legion was recognized, it became increasingly apparent to the Legion, Army Examiners, and all concerned with the educational standard of the Army that a broader program must be mapped out. Thus was born the Directorate of Army Education.

The directorate works closely with the Legion but, besides acting as a co-ordinating agency, it undertakes educational projects relating to training on its own initiative. In line with this policy, classes have been started at the Officer Selection and Appraisal Centre, Three Rivers, Que., N.C.O. schools, and Assistant Instructor Schools for the upgrading of potential officers.

The Army's educational program has taken a long stride forward with the appointment of district educational officers. These appointees, all outstanding in Canadian education circles and men of military experi-

ence, will be charged with the direction and administration of the program in their districts.

Here are the men who will direct the program in the military districts: M.D. 1—Major S. F. Maine, Director of Extension Courses, University of Western Ontario; M.D. 2—Major Z. S. Phinister, Inspector of Public Schools; M.D. 3—Major J. F. Twiss; M.D. 4—Major J. A. S. Page; M.D. 5—Major Bristed des Nos and Captain G. B. Charron; M.D. 6—Major S. F. MacMillan, author of mathematics textbook used by Canadian Legion Educational Services; M.D. 7—Major I. B. Rouse, principal, Fredericton Normal School; and Lieut. J. E. Poot; M.D. 10—Major P. H. Brooks, president M. C. C. Schools Ltd.; Pacific Command—Major P. H. Whitley, principal, Point Grey Junior High School, Vancouver; and Capt. Norman Sangster; M.D. 12—Major R. J. Mathers, an Army Examiner; M.D. 13, Major H. E. Panabaker, principal, Junior High School, Calgary.

## Work Of Commandos

Little Known Tasks Performed By Daring Men

One of the little known tasks of Britain's naval commandos, whose job is to put allied armies on hostile shores, is to send "beach parties" ashore before the landing is made. A group of British sailors go ashore almost naked, hiding hands as they waded toward the beach searching for submerged wire and other obstructions.

"Those who survive," says a reporter, "make a reconnaissance of the beach for enemy positions and ascertain the best routes for setting up layers and positions for radioing and maintaining wireless contacts. When they have decided the best positions, the party puts up signals facing seaward. Thus as the various craft come in with tanks and guns, the crews know exactly at which point to beach their craft."

Those decadent English!—Minneapolis Star Journal.

Human muscles can absorb as much as 300 quarts of liquid.

Two hundred languages are spoken in India.

## Egg Market

Egg Producers May Have Trouble In Meeting Consumer Demand

In Fall A recent issue of the Egg and Poultry Market Report issued by the Dominion Department of Agriculture, states that next fall will be a real test of the ability of Canadian egg producers to meet consumer demand.

With current wholesale prices at Vancouver and Halifax within seven cents of the ceiling price and Montreal eight cents, Canadians continue to eat more eggs than ever before. Consumer demand normally falls off in the middle of October and November when storage eggs come on the market and higher prices prevail.

"This year there are no storage eggs and, with greater purchasing power, higher quality and price not a restraining factor, consumer demand is likely to continue to an unusual degree. Producers are faced with the problem of providing the biggest possible volume of fall eggs. Grading stations, industry, committee, provincial departments and college extension services are urged to help producers to prepare now to meet this emergency."

## Daring Rescue

Saving 54 During An Atlantic Storm Tosses Sea Thrills

Yeoman of Signals Graham Gibb of Toronto says the rescue of 54 survivors from a torpedoed merchant ship during a North Atlantic blizzard stands out as the most exciting moment of his two years at sea.

The merchant seamen were in open lifeboats in a heavy sea, the navy said in a press release from an Eastern Canadian port. When the incident occurred was not disclosed.

"We hoisted the men up the side one by one," Gibb said in the statement. "It was a hectic job. We threw ropes over the side for them to hang on to. The waves tossed the little lifeboats up and down mercilessly and I don't know yet how we managed to get the men aboard. But not one was lost."

Gibb said he'll "take a corvette any day even though they're about as smooth as a bucking broncho." "We picked up a Chinese cook once, a survivor from a torpedoed merchant ship, who had been going to sea for 25 years and said he'd never been seasick."

"His record was sadly blemished when we hit port."

## Hunting Limited

Supply Of Small Arms Ammunition Cannot Be Increased

The supply of small arms ammunition for civilians, "cannot possibly be increased without seriously jeopardizing war production," the prices board emphasized in a statement which said it was "deluged" with requests for such ammunition from all sections of the Dominion.

The board said it was faced with the necessity of cutting down trade orders to an "absolute" minimum and intended to continue allocating supplies strictly to essential users, such as penitentiary guards, bank messengers, war plant guards, trappers and those in remote areas whose livelihood depends on getting ammunition.

Since small arms ammunition became a rationed commodity five months ago, the demand has risen "so sharply" that it has become "a matter of concern" how to make available the extremely short supply to cover essential needs. Present demand has eclipsed 1939 figures by more than 50 per cent.

Buy War Savings Stamps Regularly

## TEST PILOT FLIES AT TREMENDOUS SPEED

No Sensation Of Speed In Five-Mile Airplane Dive

Lt.-Col. Cass Hough, American flyer credited with travelling faster than any other living man, says he hardly got a thrill out of the power dive in which his plane attained a speed of more than 780 miles an hour. He was too busy.

The 36-year-old United States army test pilot, who was awarded the Distinguished Flying Cross for his feat in "independent flight research," told how it feels to travel faster than sound.

Hough dived a P-38 Lightning 25,000 feet, or nearly five miles, last September to set what is believed to be a record for vertical power dives. He is now technical director of the 8th Fighter Command of the United States army air force.

"I wasn't conscious of any sensation in particular," said Hough, "only a rather uncomfortable feeling going through my mid air. There was a noise like the roaring and rushing of the sea past my cabin and the shrill screaming of the propellers."

"I had no sensation of speed at all."

Hough started his power dive from 43,000 feet and plunged straight down for 25 seconds, at the rate of about 1,000 feet a second. In the middle of the dive—for 15 seconds—his hands were off the controls while he jotted down data on the speed of the plane and "other things."

"It was a bit risky, I admit," he said.

With just 18 seconds to go before reaching the ground—at 18,000 feet—Hough pulled up. "It was time to let the old instinct of self-preservation have its way, so I started to flatten out."

To him this "really was the exciting part."

"I had to act quickly and at the same time very carefully," he explained. "If I had pulled out suddenly I wouldn't have been here to tell the story. However, I got her out in a nice curve—and that was unpleasant enough."

"Everything went gray, but I didn't for an instant lose consciousness. I felt as if some hefty fellow was sitting tight on my head and pushing me back from the way the plane was going. When I tried to move my arm it was so heavy I thought I would need a crane to lift it. 'My whole body felt like lead. Then, I could see the ground and the neatly divided hills—and as at once I became conscious of speed.'"

## Care Of Hedges

Some Useful Hints On Proper Care To Be Taken

To paraphrase an old adage, to spare the shears is to spoil the hedge. After it is planted properly in the important point in the development of a good hedge is to cut it back the first year as severely as it will stand, says R. W. Oliver, Division of Horticulture, Central Experimental Farm, Ottawa.

After a two-year hedge, or a hedge which is not an evergreen, should be cut to within a few inches of the ground as soon as it is planted in the spring; with evergreen plants cut about half of the current season's growth about the middle of June for spruce, pine and yew, and about the first of September for cedar. If the hedge is allowed to grow tall before trimming commences, the bottom will never fill in thickly. After the initial trimming, one trimming a year about the time that active growth starts will keep the hedge tidy. In districts where the snowfall is heavy the top of the hedge should be rounded or pointed to prevent the weight of snow from breaking it down. The sides should slope in towards the top so as to allow more light to reach the lower foliage and keep it healthy.

Like other living things, hedges require food and water. A good top dressing of well-rotted barnyard manure may be spread over the soil on each side of the hedge in autumn, and lightly forked into the surface in spring—deep digging will destroy the roots. If manure cannot be obtained a row of holes about a foot apart 9"–12" deep and about 18" out, should be drilled with a crowbar in the soil on either side of the hedge and commercial fertilizer placed in these holes at the rate of two pounds to every 25 feet of hedge. Blood meal or tankage is good for conifers and a 10-0-4 fertilizer for deciduous hedges.

In China, it is said to be polite to pretend your Chinese guest is much older than his stated age.

A three-inch hummingbird says its wings 200 times a second.

## New R.C.A.F. Flying Suit Defies Stratosphere Cold



—R.C.A.F. photo.

Six miles above the earth, this airman is going to be comfortable and efficient at sub-zero temperatures in the new flying clothing developed by the Royal Canadian Air Force. Fully clad, he'll wear heavy underwear, wool socks, sheepskin-lined boot fillers, the new "E" flying suit, flying boots, a wooden bell-jar neck cover, emergency ration belt, helmet, goggles, oxygen mask, radio equipment, Mac West, parachute harness and three-in-one gloves. It sounds heavy, but the new suit is lighter and more comfortable than the leather garments it replaces, and is designed so as to

give complete freedom of movement. In the picture at left, the airman is putting on the electrically heated under-suit which enables the weight of heavy clothes to be reduced. In the succeeding pictures he pulls on the trousers and jacket, fitted with zippers which allow the whole suit to be pulled off and discarded in 15 seconds. The new clothing results from a questionnaire in which more than 4,000 airman submitted their ideas as to what features the ideal flying suit should have.



## English Girls Who Have Wed Servicemen Are Anxious To Learn More About Canada

THE more they know, particularly those who have married servicemen in Britain, that's how it was at classes held in London for English-Canadian service wives. They were such a success there probably will be more such sessions to prepare the girls for life in Canada when the war ends.

Some 50 English brides attended, the first sessions and heard lectures under the sponsorship of the Imperial Order of the Daughters of the Empire and Lady Tweedsmuir. The widow of Canada's former Governor-General acted as chairman.

Most of the girls received special leaves of absence from their work or from the women's services to attend and during the four days they were in London they received free meals and accommodations at the Canadian Legion Club.

For one thing the courses helped give the girls a balanced idea of the new land they are to go to because it is one thing to listen to a husband who yearns for home and remembers only the best things about the country and another to hear objective descriptive.

The girls were highly enthusiastic about the success of the course and said it answered all sorts of the questions they had been wondering about.

Mrs. Gendrone, wife of Pte. Victor Gendrone of Creston, B.C., said she had always looked forward to going to Canada with her husband but the lectures had made her even more impatient and anxious to be on her way. She and the rest of the girls were eager to sample that quick, generous Canadian hospitality about which they have heard so much.

Hon. Col. Ross Flemington, senior Protestant chaplain to the Canadian Army overseas and Hon. Col. Michael O'Neill, Roman Catholic chaplain, spoke to the girls on the part the church plays in Canadian life.

Viscount Bennett spoke of the history of Canada, its political development and future. C.W.A.C. cooks gave them a demonstration and recipes of Canadian cooking. The girls sampled all the food and found it tasty.

The girls heard accounts of urban and rural home and community life from members of the C.W.A.C. who had lived in all the provinces and were told frankly that life would be tougher for them than they had been used to if they were farmers' wives.

In plain language the girls heard of the remoteness of many of the Canadian farming areas, how their nearest neighbor might be more than a mile away, how houses mostly are built of wood, a thing hardly ever seen in England, even in the smallest villages.

But they came away more enthusiastic than ever.

### Home Repairs

**Freshening Up The Baby Carriage Is A Job For Father**

There is one special job at which new fathers can proudly excel these days. This job consists of putting an old baby carriage into good running order. As long as the repairs are of a minor nature, most fathers can do the work themselves.

Loose screws and bolts should be tightened. This will avoid the need for serious replacements later. Unless they are chromium-plated, the gears and axles should be painted. This helps to prevent rusting and gives the carriage a fresh appearance.

The tires can be cleaned by scrubbing them with a solution of soap and water. The body and hood of the carriage can also be sanded and sanded with a little elbow grease combined with a cloth wrung out of soapy water.

Some repairmen suggest polishing with furniture polish or waxing those carriages that are made with wood bodies.

### AN HONOR COURSE

A keen-eyed mountaineer led his overgrown son into a country schoolhouse. "This here boy's arter larnin'," he announced. "What's yer bill o' fare?"

"My department, sir," replied the professor, "consists of arithmetic, algebra, geometry, and trigonometry."

"That'll do," interrupted the old man, "load him up with trigonometry; he's the only poor sort in the family."—Atlanta Constitution.

In the Royal Ordnance factories in Britain, where guns, shells and explosives are made, 60% of the workers are women.

### Sunken Log Problem

**Scientists At Work To Overcome Timber Wastage**

"There's wood in them there creeks, pardner!" Government officials revealed that scientists have gone to work to solve for once and all the old problem of the sinking log.

Under the stress of war and with Canadian timber in demand for numerous essential purposes of the United Nations, a determined effort is being made to halt the wastage in timber due to logs sinking on long drives from timber limits to the mill.

The bottoms of many of Canada's most famous lumbering streams have been literally paved with thousands of sunken logs," one official said. "This is a problem of waste which demands attention and it is being given it."—Ottawa Citizen.

Kangaroos are able to jump a fence 11 feet high.

### Indian Sappers

**Performing A Difficult Engineering Feat On Persian Gulf**

Indian Sappers are performing an amazing engineering feat on the Persian Gulf where it was necessary to have a bridge for shipment of war supplies from Basra to Russia. Because of a muddy river bottom, seasonal gales of 70 miles an hour, a four-and-a-half knot tide, and the necessity of providing a 40-foot overhead clearance for inland traffic, there seemed to be insurmountable difficulties. The British officer in charge conceived the idea of building a bridge on piles, with a sinking span in the centre, and the Indian Sappers have carried out his instructions. A sinking span has never been used before in the history of bridge building, but after exhaustive tests the Brigadier in charge and engineering critics from far and wide are convinced that this simple alternative to a raising span has come to stay.

## Canadian Parachute Troops Will Use The Best Methods Known To Defeat The Enemy

THE awful lesson taught by the Huns, when their parachute troops fluted down on the Isle of Crete by the thousands from transport planes to seize this strategic spot, will bear rich benefits for the Allied Nations when Canadian parachute troops to be trained at Fort Benning, Georgia, go into action. Every trick, every manoeuvre of the German paratroops will be improved upon in the training of the Canadian airborne troops.

They will learn how to drop behind the enemy lines, assemble in orderly array as a powerful fighting force, then seize strategic enemy strongholds or harry the opposition forces from the rear.

It is a job for fearless fighting men, and Canada is calling on the bravest of her trained soldiers to volunteer for service in the Parachute Unit. The first detachment assembled in Ottawa at Lansdowne Park preparatory to going south.

Upon completion of their training, they will return to Canada as instructors at the parachute training centre at Camp Shilo, Man.

Men trained in British parachute schools will also be assigned to the Canadian paratroop training unit so that Canada will be able to utilize the best features of the British and the American methods. Of interest, therefore, is the system in use by the Germans in the training and operation of their parachute units.

The Germans classify their airborne troops as paratroops and air landing troops. Paratroops are those dropped from an aircraft by parachute. Air landing troops are those carried in power aircraft and gliders. They are not dropped, but are landed with their planes.

In the middle of 1940, it was estimated that Germany had a minimum of 5,000 trained paratroops. This number has been considerably increased.

The paratroop must be independent. This is not now the case. The paratroop must be independent. He is trained to use his initiative whether working alone or in a number. The general idea is that they must continue to be on the offensive regardless of local conditions.

Paratroops are trained at certain schools in Germany. At these schools they are trained in actual jumping from aircraft only. After four weeks at the schools they graduate to parachute units.

With the unit he has been posted to, the paratroop is given a two or three month course of intensive training in his operational role. He is taught to use the weapons he may need or may be called upon to operate.

On the ground, the paratroop may be considered to be a brother to the infantryman. He is trained to handle a rifle, automatic pistol, Tommy gun, light medium and heavy machine-guns, light artillery pieces and mortars.

In Germany certain specialists are trained in demolition work, and others receive training to equip them as spies.

The Canadian paratroops will be more than a match for the Huns, however, when they take to the skies.

### Receives Promotion



G. W. V. Shaw has recently been appointed office assistant to the President, Canadian National Railways, with headquarters in Montreal. Mr. Shaw has been in railroad service since 1916 and has been connected with the executive offices for many years, during part of which time he was secretary to the Chairman of Trustees. Mr. Shaw has been Assistant Secretary of the Canadian National Railway Company since 1938.

### Must Work

**Will Round Up Loafers For Compulsory Work Placement**

Arthur MacNamara, director of National Selective Service, said in an interview that municipal, provincial and Royal Canadian Mounted Police are being used in some parts of Canada to round up "young loafers and vagrant jobless" for compulsory work placement.

Mr. MacNamara explained that under selective service regulations "chronic loafers and persons unemployed for more than six months can be compelled to work, with the alternative of six months in a work camp for refusal."

He said selective service has been using the services of the provincial and federal police forces for this work wherever necessary in Canada but that so far municipal police forces have drawn such assignments only at Port William and Windsor, Ont.

### Unique Effect In Easy Needlework



by Alice Brooks

Make everyone notice your linen. Fill crocheted baskets with colorful flowers to decorate them the four seasons through. Even a beginner can do the crocheted basket and the flowers—they're just fun. Pattern 7392 contains a transfer pattern of 10 motifs ranging from 8 x 12 to 8 x 3 1/4 inches; directions for crocheting materials needed.

To obtain this pattern send twenty cents in coins (stamps cannot be accepted) to Household Arts Department, Winnipeg Newspaper Union, 170 McDermot Avenue E., Winnipeg, Man. Be sure to write plainly your Name, Address and Pattern Number. Because of the slowness of the mail delivery of our patterns may take a few days longer than usual.

### Charmian Gives Impressions Of England

(By Pte. Charmian Sansom, CWAC)

The other night I stood on a cliff of the Cornish coast, watching the sun sinking into its bed of pink and mauve clouds.

Above, the gulls wheeled and soared in the wind, and below the sea dashed against the rocky shore. The only reminder of war, was the trim silhouette of an aircraft against the evening sky.

Dad and I had been fortunate enough to be able to spend a week's leave together and he couldn't have picked a more wildly beautiful spot. I was amazed to find that the accent of the Cornish people is more like that of Canadians than any other I have heard in England. During one of our rambles, we had a chat with a very friendly farmer who might have lived in Ontario all his life to judge from his speech.

The village nearby was quite fascinating. The streets were so narrow that when a bus came by, I felt quite sure that it would scrape the houses on either side. The houses are nearly all whitewashed, which gives the village a very clean appearance. Dad was looking for a barber, but his search was fruitless. The barber, they told us, had joined up, and now, if you wanted a haircut, you had to wait until Thursday night, when a barber came around from another town! I saw my first thatched roof, and heard my first cuckoo here.

But enough about Cornwall. I must tell you about my visit to Folkestone. On a clear day you can see the coast of occupied France from this south-east coast town. In peacetime, it must have been beautiful and gay, but now its gardens are neglected, its houses battered, and its parks mutilated by trenches and bomb craters. Grass is growing up between the pavements.



During the night I was there, two shells landed in the area fired by guns on the French coast. We went to view the damage the next day. One shell had landed in the middle of a road leaving a huge crater, and breaking windows and scarring houses for some distance around. The other had come down in a garden doing no damage.

There was a little boy making mud-pies in the crater it had left. Hardly a day goes by that this coast-town has not at least one "Alert". But the people who stay on, doggedly refusing to leave their homes for a safer place, remain cheerful and philosophic through it all. The English are wonderful people!

The most thrilling thing I have to tell you about though, is the recent investiture at Buckingham Palace, where I watched men from all parts of the British Empire being decorated by the Queen in recognition of their services.

I was lucky enough to have a place directly in front of Her Majesty, who

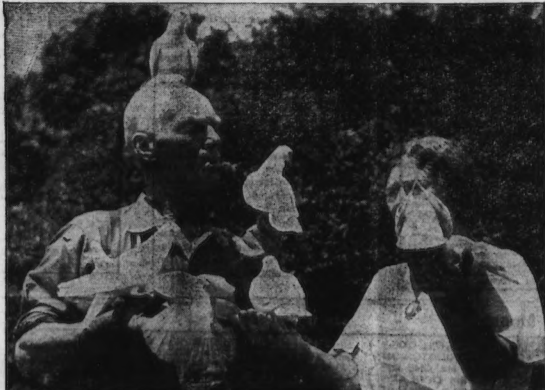
looked so beautiful that I was completely spell-bound, and also amazed for this enchanting and yet completely regal little Queen, had a smile and a few words for each of the 211 men and women she decorated.

The first to come before her was Wing Commander Gibson, nicknamed "Dam-buster", who received his V.C. for his unparalleled gallantry and courage. Then came men and women from all corners of the free world, and I was proud to see many Canadians among them.

Never a dull moment in London! I was having lunch in a restaurant the other day, when I noticed a man sitting at a nearby table. The waitress assured me that it was Ian Hunter, the movie actor.

I could hardly wait to tell my room-mates about it. "Hmph!" scoffed Cpl. Cecilia Fleming of Ottawa. "That's nothing. The other night when I went to see the play 'The Watch On The Rhine', Winston Churchill and his wife and daughter sat two rows in front of me!" You just can't win!

### CANADIAN NATURALIST



Mr. and Mrs. Jack Miner, O.B.E., the Canadian naturalist, feeding white tumbler pigeons at their home and bird sanctuary at Kingsville, Ont. Note the pigeons being so tame that they eat from his hands and mouth. Jack Miner, the founder of the Jack Miner Bird Haven, for the past seven years has been rated "Canada's Best Known Citizen," all brought about by his love for bird and animal life and above all for his love and goodwill towards the fellowmen, especially the children that are the men and women of tomorrow.

In June of this year His Majesty King George VI of Great Britain conferred upon him the title of O.B.E. which makes him a member of the Order of the British Empire, one of the highest honors the King can bestow upon a Canadian citizen. It is doubtful if His Majesty ever bestowed an honor on any Canadian citizen that has met with such acclaim and goodwill by the public as this recognition given Jack Miner by King George VI. Jack Miner has received thousands of congratulatory messages from all parts of Canada and the United States, from men and women in every walk of life as well as being praised by members of Parliament on the floor of the House of Commons at the recent session.

### Rich Coal Deposits

**Superior Quality Of Coal Found On Alaska Highway**

The Peace River area, around Hudson's Hope on the Alaska Highway, is rich in coal deposits of a superior quality, Goldwin Gregory of New York said in an interview at Winnipeg.

Mr. Gregory, who has just returned from the northern highway where he was engaged in a contract project, said there was sufficient coal to supply all the needs of the west coast of both Canada and the United States.

The area has been known as a coal region for many years, he said, but its remoteness prevented development.

Peter Pond, famous fur trader, wrote from Athabasca in 1788 that Indians had reported finding bituminous in what they called a subterranean river.

Mr. Gregory said some development has been started to obtain coal for use along the highway, about 60 miles from Fort St. John, and 1,000 miles from Edmonton.

Early in April, the tonnage of bombs dropped by the R.A.F. on Japanese-occupied Burma since the first of this year passed the thousand mark.

In the landing on Sicily, air-borne troops were dropped at night on enemy territory for the first time in history.











FRIDAY, SEPTEMBER 3rd., 1948

(New York Times)

Though still experimental, the use of the very short waves in reflecting furnaces, saving time and producing a better product, is one more step forward in the pioneering that the Fairchild subsidiary has made in the past five years in developing molded wood and plastic airplanes.

The AT-14, or Yankee Doodle, now in use in large numbers as an advanced trainer, was the latest development in that line. The plane has a retractable landing gear, housings and other items such as its engines and retractable landing gear.

The engineers working on Fairchild planes believe that these and other factors are now opening an unlimited field for wooden airplanes and, although development has been slow, they expect to see many more advances in the future.

Dr. Arthur M. Masten, Jenny Stricker, Arthur J. Grishman and Robert J. Goss, of the Mount Sinai laboratory, Mount Sinai Hospital, New York, have carried out a series of experiments in which a low-calorie diet low in calories on the performance of the heart in overweight subjects. The results showed a reduction in weight on oxygen consumption, a reduction in heart rate, a reduction in weight, as well as cardiac output and work in five normal overweight subjects. The subjects lost an average of 1,200-calory diet. From the data obtained it was concluded that a reduction in caloric intake and the resulting reduction in weight reduced the work of the heart by 35 per cent. This, the physicians state, is of great benefit to overweight subjects who are not forced to do much harder work, and who are able to compensate for the treatment of patients with heart disease, whose cardiac reserve is reduced. The study is being continued to compensate for any additional strain. The studies of the Mount Sinai laboratory have been reported to the old rule-of-thumb advice to "eat less and exercise more." Masten weighs excess heart measure, subtract two times

**PALMISTRY?**  
"Do you know anything about palmistry, Dusty?" asked "Spud" Murphy, as they sat round the fire in the billet.  
"Not much," replied "Dusty"

**Joe's  
Coffee Shop**  
ON THE HIGHWAY

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Until further notice our  
shop will close at 2.00  
a. m. Sunday and re-  
open at midnight.

---

Edith and Joe Kurtz

Cooked prunes, stuffed with celery and nuts, make a tempting salad. Stuffed prunes can also be used as a garnish for chops, roasts or steaks.

Cannibal Cook: "So you want the young missionary instead of the old one for dinner?"

Cannibal King: "Yes, youth must be served!"

Ray: "That won't do. We're not getting enough sleep as it is."

—V—

Do not add soda to the water in which you cook green vegetables. Cooking them with soda destroys a large part of the vitamins B<sub>1</sub>.

These products are being rationed so that there will be an equal sharing of the available supplies. Persons who do not use the coupons for these products may use them to acquire more sugar in addition to their regular sugar ration and canning sugar allowance.

or any combination adding up to not more than the total value of the coupons permitted.

CGIW

*All men, married or single, employed in designated occupations, aged 16 to 40, are now covered by the Orders. To avoid penalties, those who have not yet registered must do so by September 8th, 1943.*

## A. MacNAMARA.